

Jello with Mandarin Oranges300

Number of Servings: 300 (157.2 g per serving)

Amount	Measure	Ingredient
1.00	lb	Gelatin, orange, sug free, low cal, dry mix, svg
9 1/2	qt	Water, tap, municipal
9 1/2	gal	Mandarin Oranges, w/juice, cnd, drained
9 1/2	qt	Water, tap, municipal

Nutrients per serving

Nutrition Facts	
Serving Size (157g)	
Servings Per Container	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 1g	
Vitamin A 25%	Vitamin C 50%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

3/4 c. serving = 1 serving fruit

Made with sugar free Jello 3/4 c. = 9 grams CHO = 1/2 Carb Serving

Notes

Flavor/color of Jello used can be varied depending on color of other menus items - use a color that adds variety.

Dissolve sugar free gelatin in the first measure of water listed above; the the second volume of liquid can be either water or the light juice drained from the canned fruit or a combination of water & juice.

Bring the first measure of water to a boil, add the sugar free gelatin and stir until dissolved.

Add the drained canned fruit and the 2nd measure of liquid (cool or room temperature).

Refrigerate overnight to set. Cut into 3/4 cup servings to = 1/2 cup fruit and 1/4 cup gelatin. Serve below 41 degrees F

Any kind of light canned fruit can be used if a specific fruit is not noted on the menu.